

Ruth and Aggrey's Story

In Zambia, hunger is killing all hope.



Ruth appears on your WEE BOX this year. Extreme weather such as floods, droughts and storms have made it almost impossible for her and her husband Aggrey to grow enough food and earn a living. The couple have 6 children.

“It pained me as a mother to see my children go hungry, we only ate once per day.” Ruth

However, thanks to the support of SCIAF's local partner, Caritas Kabwe, Ruth and Aggrey's lives have started to turn around. They can now see a brighter future for themselves, and their children.

Together, the couple can now grow soybeans and sunflowers, maize, tomatoes, kale and cabbage. They make their own oil from the sunflower seeds, some of which they eat; some of which they sell to earn extra money.

Aggrey leads a community group where local families are working together to process peanuts into peanut butter to sell, and are creating green charcoal as a more sustainable form of fuel.

Ruth received literacy training – she feels that this experience has empowered her as a woman. Ruth told us how things in her life have changed for the better:

“Before we couldn't take the children to school but now, we can. Before the project, I worried my children would starve – they only ate one meal a day but now they can have three.” Ruth

For our poorest sisters and brothers, hunger is the start, but it doesn't have to be the end.

Let's continue to reach out in love and act against hunger. Together, we can help thousands more like Ruth, Aggrey and their children.

You can watch Ruth's story [here](#).

Scottish Catholic International Aid Fund

SCIAF is the official relief and development agency of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow G1 2PR. Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327. Photos by Colin Hattersley.

